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The New American Plate Comfort Foods

Recipes for a healthy weight
and a healthy life



American
Institute for
Cancer
Research



Comfort Foods

Table of Contents

What Are Comfort Foods?	3
The New American Plate	4
Proportion	5
Portion Size	6
Adjusting Comfort Foods for Health	10
Sensational Substitutions	12
Recipes	14

More than ever, Americans who choose food for both taste and health are turning to AICR's New American Plate. They're filling their plates with two-thirds (or more) vegetables, fruits, whole grains and beans and one-third (or less) fish, poultry or red meat. They've heard that experts recommend a mostly plant-based diet to help reduce the risk of chronic diseases like cancer and to maintain a healthy weight.

Traditionally, many comfort foods are high in calories and fat, laden with butter, cream, whole milk and cheese, and lacking in the nutrients and protective phytochemicals (unique plant substances) that vegetables and fruits have to offer. The good news is you don't have to stop eating your favorite comfort foods to reap the health benefits of the New American Plate. These dishes just need a little remodeling to help you reach the " $\frac{2}{3}$ to $\frac{1}{3}$ " ratio.

Start by making a few healthy adjustments to traditional recipes. This brochure contains 10 modified recipes for some of your favorite comfort foods. Serve them in smaller portions, accompanied by an extra helping of vegetables. Try the suggested menus that precede each recipe to make these foods part of a health-protective meal. By making simple adjustments, eating for a healthy weight and a healthy life can be comforting, too.

What Are Comfort Foods?

Comfort foods can be defined as feel-good, hearty foods that are both nourishing and nurturing. They are frequently craved in moments of unhappiness, and, interestingly enough, during times of celebration. Comfort foods are what we ate at grandma's house, after a long day at school or what mom served when we were sick. As adults, we relish flavors from the comforting past. These foods take us back to a time when life was easier and someone else made the hard decisions.

Besides the nostalgic feelings they evoke, it's the textures and mouthfeel that make comfort foods so appealing. They are generally characterized by moist, creamy, soft, mashed, rich or still-warm textures, and are known for having a relatively high fat content.

Age, regional origin and ethnic background all have a bearing on which items people consider comfort foods. Many Americans include foods like macaroni and cheese, beef stew, chicken soup, chili, meatloaf, mashed potatoes, pizza, spaghetti, chocolate chip cookies and rice pudding.

Since many of these foods come from a time when the relationship between diet and disease was not well known, these foods are often less than healthful. But rather than pass up the foods we crave, we can make simple adjustments to increase their nutritional value. The result: "comforting" foods that fit well on the New American Plate.

The New American Plate

AICR and its affiliate, the World Cancer Research Fund in the U.K., assembled an expert panel of scientists to review the existing research on the connection between diet and cancer. The panel reviewed more than 4,500 studies conducted around the world and issued a landmark report entitled *Food, Nutrition and the Prevention of Cancer: a global perspective*. This report clearly shows the link between a predominantly plant-based diet and reduced cancer risk. Eating more vegetables and fruits, exercising regularly and maintaining a healthy weight could cut cancer rates by 30 to 40 percent.

The New American Plate is based on the recommendations from this expert report. It isn't a short-term "diet" to use for quick weight loss, but a new approach to eating for better health. It emphasizes the kinds of foods that can significantly reduce our risk for disease. It also shows how to enjoy all foods in sensible portions. That is, it promotes a healthy weight as just one part of an overall healthy lifestyle.

At the center of the New American Plate are a variety of vegetables, fruits, whole grains and beans. These plant-based foods are rich in protective substances that can help keep us in good health and reduce the risk of many types of cancer. They are also naturally low in calories. When plant-based foods fill our plates, we're able to eat more filling and satisfying meals – all for fewer calories than the typical American diet.

AICR Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

And always remember...

Do not use tobacco in any form.

Proportion

The traditional American plate contains a large piece of meat, a small serving of vegetables and some form of potatoes or rice.



This plate provides too many calories and too few nutrients to decrease disease risk or help us maintain a healthy weight. It certainly won't help us reach the 5 to 10

servings of vegetables and fruits associated with reduced cancer risk.

To accomplish that, you have to change the proportion of foods on your plate. That is, you have to increase the variety of plant-based foods and decrease the amount of animal protein. The New American Plate aims for two-thirds (or more) vegetables, fruits, whole grains and beans and one-third (or less) fish, poultry or red meat.

Portion Size

When it comes to reaching a healthy weight, it's not just what you eat, but also how much you eat that matters. Choosing appropriate portion sizes is essential.

Look at the chart on page 7 for a list of standard serving sizes from the U.S. Department of Agriculture (USDA). In contrast with what we usually eat, these serving sizes may seem remarkably small. For example, many people eat three cups of pasta at a sitting. Some restaurants are known to serve six or eight cups on a plate. Yet USDA defines a standard serving size of pasta as one-half cup.

Try an experiment at your next meal. Measure out your usual portion size onto a plate or bowl. Make a mental note of how much of your plate or bowl is covered by this portion.

After checking the chart, measure out a standard serving size of the same food onto another plate or bowl. Compare the two plates. Ask yourself how many standard servings go into the portion you normally eat. If your weight is satisfactory, you are probably eating the right number of

Standard Serving Sizes

Food	Serving	Looks Like
Chopped Vegetables	½ cup	½ baseball or rounded handful for average adult
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist for average adult
Fresh Fruit	1 medium piece	1 baseball
	½ cup chopped	½ baseball or rounded handful for average adult
Dried Fruit	¼ cup	1 golf ball or scant handful for average adult
Pasta, Rice, Cooked Cereal	½ cup	½ baseball or rounded handful for average adult
Ready-to-Eat Cereal	1 oz. which varies from ¼ cup to 1 ¼ cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	½ cup cooked	½ baseball or rounded handful for average adult
Nuts	⅓ cup	Level handful for average adult
Cheese	1 ½ oz. (2 oz. if processed cheese)	1 oz. looks like 4 dice

Source: U.S. Department of Agriculture

Fad Diets and the New American Plate

No doubt you've heard a lot about "high protein" and "low-carb" diets. Behind these quick-fix plans lies the notion that certain kinds of foods are bad and should be avoided. Unfortunately, people have had difficulty staying on diets that eliminate whole categories of food. Thus, weight that is lost with great effort is soon gained back.

But perhaps the worst thing about "low-carb" diets is the confusion they cause. Vegetables, fruits, whole grains and beans are powerful tools in the fight against chronic disease and overweight. Yet they all contain considerable amounts of carbohydrates. Loose talk about "cutting carbs" may lead people to reduce consumption of these highly beneficial foods.

There is no need to eliminate any category of food from your diet in order to lose weight. Just form some healthy eating habits and stick to them. Maintain a healthy proportion of plant-based food to animal-based food on your plate, reduce portion size all around, and keep physically active.

servings to meet your energy needs. If you are overweight, the first thing you should consider is reducing the number of standard servings in your regular portions.

Decrease your portion size gradually so that you will be less likely to notice the change. Even small reductions add up to substantial health benefits.

Remember, maintaining the right proportion of plant foods to animal foods is important to your long-term health. So reduce the portion sizes on your plate, but maintain the " $\frac{2}{3}$ to $\frac{1}{3}$ " proportion.

A fad diet that has not stood up to rigorous scientific testing is no way to lose weight. Obesity became an epidemic in this country at the same time portion sizes grew enormous. It is likely you can reach a healthy weight on your own by simply reducing the size of the portions you eat and exercising more. If you still do not see your weight gradually moving in a healthy direction, contact your doctor or a registered dietitian for a more individualized plan.

The bottom line is this: A diet that lowers cancer risk is also a diet that helps maintain a healthy weight.

Researchers are finding growing evidence that overweight and obesity help increase risk for developing certain cancers. By following the New American Plate advice to eat a mostly plant-based diet, get regular exercise and eat smaller portions, you can help prevent disease and keep your weight within a healthy range.

Adjusting Comfort Foods for Health

Comfort foods don't have to be unhealthy. Most can be made more nutritious without losing their appeal. Try these suggestions for adjusting your favorite recipes to fit the proportions of the New American Plate.

1. Make Substitutions

Prepare lowfat comfort foods by substituting one ingredient for another. Instead of using cream in a recipe, try evaporated skim milk or lowfat (1 percent) or reduced fat (2 percent) milk. If your recipe calls for butter, alternatives such as olive oil or light tub margarine may do the trick. Check AICR's "Sensational Substitutions" chart on page 12 for more ideas on how to increase the nutrition and lower the fat content in your favorite recipes.

2. Add Healthful Ingredients

Try adding a few healthful ingredients such as vegetables, fruits, whole grains and beans to enhance the nutritional quality of the recipe. Add diced bell peppers and zucchini to your spaghetti sauce or a variety of beans to your chili recipe. The trick to preparing healthful comfort foods is to carefully adjust your recipe to preserve the same mouthfeel and flavor of the original while sneaking in extra health benefits.

3. Serve Smaller Portions

Comfort foods are often served as "meals in themselves" – a bowl full of beef stew or a plate piled high with macaroni 'n cheese. To help your favorite dishes fit the "2/3 to 1/3" ratio, serve a smaller portion and have a side salad and a serving of vegetables with your meal.

4. Save Some Foods for Special Occasions

Some recipes may be impossible to modify while maintaining the same level of flavor and texture. For example, if you are looking for the taste and mouthfeel of a cheeseburger and fries, a turkey burger with fat-free cheese and oven-baked fries may not satisfy you. So, if necessary, enjoy traditional comfort foods less frequently and in smaller portions. You don't need to completely give up eating the foods you love.

Sensational Substitutions

You can easily increase nutrition and trim the fat in many of your favorite recipes by using the healthier alternatives listed below.

Cooking

Instead of	Try
1 cup cream	1 cup evaporated skim milk
Cream to thicken soups	Puréed vegetables or potatoes
Oil base for marinade	Citrus juice • Flavored vinegar
Stick margarine	Small amount of olive oil or canola oil • Broth
2 oz. mild cheddar cheese	1 oz. reduced fat sharp or extra-sharp cheddar cheese
High-fat sauces for meat/poultry	Vegetable purées (blend steamed broccoli, sautéed onion, garlic, salt and pepper) • Fruit salsa
Wine	Broth • Apple juice
White rice	Brown rice • Bulgur • Kasha • Quinoa • Whole wheat couscous
Bread crumbs	Toasted wheat germ • Whole wheat bread crumbs
Ground meat	Ground turkey breast • Less meat + finely chopped vegetables • Crumbled tofu, tempeh or textured vegetable protein (soy crumbles) • Beans

Baking

Instead of	Try
$\frac{1}{2}$ cup butter or margarine	$\frac{1}{4}$ cup applesauce (or prune puree) + $\frac{1}{4}$ cup canola oil, butter or margarine
1 egg	2 egg whites • $\frac{1}{4}$ cup liquid egg substitute
Sweetened condensed milk	Lowfat/nonfat sweetened condensed milk
Evaporated milk	Evaporated skim milk
1 cup all-purpose flour	1 cup finely milled whole wheat flour • 1 cup "white" whole wheat flour • $\frac{7}{8}$ cup all-purpose flour + 2 Tbsp. soy flour
Pastry pie crust	Phyllo crust (use nonstick cooking spray between layers) • Graham cracker crust
1 oz. unsweetened baking chocolate	3-4 Tbsp. cocoa powder + 1 Tbsp. oil + 1 Tbsp. sugar (for frosting or sauces) • $\frac{1}{4}$ cup cocoa (for cakes or cookies)
1 cup chocolate chips	$\frac{1}{2}$ cup mini chocolate chips • Chopped nuts • Chopped dried fruits such as cranberries, raisins, apricots, cherries (for quick breads and muffins)
Fudge sauce	Chocolate syrup
Frosting	Sliced fresh fruit • Puréed fruit • Light dusting of powdered sugar

Recipes

AICR has taken some of the recipes that have been treasured for generations and made them lower in fat, calories and sodium. We've also added health-protective plant-based ingredients, while still retaining the great taste that made these foods family favorites.

Sample Menu

MACARONI 'N
CHEESE
(recipe follows)

Baked apple with
raisins and cinnamon

Romaine salad with
shredded cabbage,
tomatoes, carrots
and yellow squash

Modifications

Reduce butter or margarine

Substitute lowfat or nonfat
milk for whole milk

Substitute nonfat sour
cream for regular

Substitute sharp cheddar
for regular and use less

Add chopped vegetables

Macaroni 'n Cheese

Both nourishing and nurturing, macaroni and cheese tops the list of comfort foods. This creamy, fuss-free recipe is full of healthy ingredients.

- 2 cups uncooked whole wheat elbow macaroni
- 1 Tbsp. butter or margarine
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 small red bell pepper, finely sliced
- 1 small green bell pepper, finely sliced
- 1 ½ cups lowfat milk
- ¼ cup grated Parmesan cheese
- 1 cup shredded reduced fat, sharp or extra-sharp cheddar cheese
- ½ cup fat-free sour cream
- Salt and freshly ground black pepper, to taste
- ½ tsp. paprika

In large saucepan, cook macaroni according to package directions. Drain and return to pan. Set aside. In large skillet, heat butter or margarine over medium heat; sauté onion and garlic until onion is translucent. Add bell peppers and sauté 2 more minutes, stirring constantly. Add to macaroni. In small bowl, combine milk, Parmesan, cheddar and sour cream. Add to macaroni and cook 10 minutes over low or medium heat, stirring constantly, until cheese is completely melted and macaroni is piping hot. Add salt and pepper to taste. Sprinkle with paprika to garnish.

Makes 8 servings. Per serving: 198 calories, 6 g total fat (4 g saturated fat), 27 g carbohydrates, 11 g protein, 3 g dietary fiber, 93 mg sodium.

Sample Menu

BEEF STEW
(recipe follows)

Whole-grain crackers

Sliced peaches
topped with
raspberries

Modifications

Replace some of the meat
with a variety of vegetables

Beef Stew

Here is an easy and healthful recipe that can
smooth out a bad day.

- 1 Tbsp. olive oil
- ½ lb. beef stew meat, cut into
1-inch cubes
- 1 large onion, diced
- 2 medium carrots, sliced
- 1 cup diced leeks
- 3 garlic cloves, chopped
- 1 can (14 oz.) diced tomatoes
- 1 can (6 oz.) tomato paste
- 1 can (14 oz.) fat-free, reduced sodium
beef broth
- 1-2 Tbsp. dried oregano
- 1 cup water
- 2 medium potatoes, cubed
- 1 package (10 oz.) frozen green beans
- 1 cup chopped kale
- Salt and freshly ground black pepper, to taste

In large nonstick pot, heat oil over medium-high
heat. Add beef, sauté until brown, about 5 min-
utes. Remove from pot and set aside. In same

pot, sauté onion, carrots, leeks and garlic,
5 minutes. Return beef to pot. Add toma-
toes, tomato paste, broth and oregano. Add
water; bring to boil. Reduce heat to low;
simmer until beef is nearly tender, about
50 minutes. Add potatoes. Cover partially;
simmer until beef and potatoes are tender.
Add green beans and kale. Cook another
6-8 minutes. Season with salt and pepper,
to taste.

Makes 6 servings. Per serving: 200 calories, 5 g
total fat (1 g saturated fat), 29 g carbohy-
drates, 13 g protein, 6 g dietary fiber, 303 mg
sodium.

Sample Menu

CHICKEN SOUP
(recipe follows)

Whole-grain roll

Melon wedge

Tossed salad with
sliced oranges and
almonds

Modifications

Use reduced sodium broth
Add extra veggies

Chicken Soup

What better way to chase away the blues
than to indulge in this warm, homey treat?
You'll be reminded of the days when mom
or grandma could comfort your colds with
homemade soups. This simple, healthier
recipe will take off the chill on a rainy day.

Recipe continues on p. 20

The New American Plate

Comfort Foods

$\frac{2}{3}$ (or more)
vegetables,
fruits, whole
grains and
beans

$\frac{1}{3}$ (or less)
animal
protein



Start reshaping your diet by looking at your plate. Is the greater proportion of your meal plant-based? Are your portion sizes appropriate to your activity level? The recipes beginning on page 14 modify traditional comfort foods by adding health without sacrificing taste. Comfort foods can now have a place in a meal that is two-thirds vegetables, fruits, whole grains and beans and one-third fish, poultry, red meat or (in this case) cheese.



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2 skinless, boneless chicken breasts
 (about 8 oz.), cut into 1-inch pieces
 1 bay leaf
 8 cups fat-free, reduced sodium
 chicken broth
 2 cups sliced celery
 1 ½ cups chopped green onions
 2 cups sliced carrots
 2 garlic cloves, chopped
 1 cup sliced zucchini
 2 cups peeled, diced potatoes or
 cooked noodles
 1 tsp. minced fresh parsley
 1 tsp. snipped fresh chives
 1 ½ tsp. ground coriander (optional)
 Freshly ground black pepper,
 to taste

In soup pot or deep pan, combine chicken, bay leaf, broth, celery, green onions, carrots, garlic, zucchini and potatoes, if using. Bring to boil. Reduce heat and let simmer about 20 minutes or until chicken and vegetables are tender. Just before serving, remove bay leaf and add parsley, chives, coriander and noodles, if using. Season with pepper, to taste.

Makes 8 servings. Per serving: 94 calories, <1 g total fat (<1 g saturated fat), 13 g carbohydrates, 10 g protein, 3 g dietary fiber, 636 mg sodium.

Note: You can also make chicken and vegetable soup using a whole chicken. In this case, boil whole chicken and vegetables in 8 cups of water. When chicken is tender, remove from pot and cool. Discard chicken bones and skin. Chop meat into chunks and return to pot. Refrigerate for 24 hours. Before serving, carefully remove fat, season with fresh herbs and heat through.

Sample Menu

CHILI
(recipe follows)

Cornbread

Carrot, celery and
cucumber sticks

Tropical fruit salad

Modifications

Substitute beans for meat
 Add more vegetables

Chili

This simple and rewarding dish will allow you to enjoy your favorite fare with the New American Plate in mind.

1 Tbsp. olive oil
 1 medium yellow onion, chopped
 1 medium green bell pepper, cut in
 ½-inch pieces
 1 Tbsp. finely chopped garlic
 1-3 jalapeño peppers, seeded
 and minced
 1 Tbsp. ground cumin
 2 tsp. ground ancho chile, or
 1 Tbsp. chili powder
 1 tsp. dried oregano
 2 cans (15 oz. each) pinto beans,
 rinsed and drained
 1 cup canned diced tomatoes
 2 cups vegetable broth, divided
 2 Tbsp. masa or cornmeal
 Salt and freshly ground black pepper,
 to taste
 ¼ cup chopped cilantro (optional)

In Dutch oven, heat oil over medium-high heat. Sauté onion, bell pepper and garlic until onion is translucent, about 4 minutes. Add jalapeño pepper, cumin, ancho chile or chili powder and oregano. Stir until spices are fragrant, about 1 minute. Take care not to let them burn. Add beans, tomatoes and all but 3 tablespoons of vegetable broth. Bring chili to boil. Reduce heat and simmer, uncovered, 10 minutes. Meanwhile, in small bowl, combine masa or cornmeal and remaining broth, stirring to make a smooth mixture. Add to chili, blending well. Stir frequently to prevent sticking. Add salt and pepper, to taste. Simmer 10 more minutes. For best flavor, refrigerate 1-2 hours. Before serving, reheat and sprinkle cilantro on top, if desired.

Makes 5 servings. Per serving: 227 calories, 5 g total fat (<1 g saturated fat), 35 g carbohydrates, 12 g protein, 12 g dietary fiber, 574 mg sodium.

Sample Menu

MEATLOAF and MASHED POTATOES (recipes follow)	Black bean and corn chowder
Steamed broccoli with lemon	Apple cranberry crisp

Modifications for Meatloaf

Substitute a combination of ground turkey and turkey breast for ground beef

Add a variety of chopped veggies

Meatloaf

Often called “the mother of all comfort foods,” meatloaf is a hearty dish that has been cherished by American families for many generations. To transform it, we substituted $\frac{1}{2}$ pound of ground turkey and $\frac{1}{2}$ pound of ground turkey breast for the usual 1 pound of ground chuck, and added lots of chopped veggies. The adapted recipe turned out beautifully, with a savory yet sweet taste. The same mixture could be used to make a juicy burger – another comfort food favorite. Serve it on a whole wheat bun.

- $\frac{1}{2}$ pound ground turkey breast
- $\frac{1}{2}$ pound ground turkey
- $\frac{1}{3}$ cup ketchup
- 1 cup unseasoned breadcrumbs, preferably whole wheat
- $\frac{3}{4}$ cup finely chopped onion
- 1 tsp. dried basil
- 2 tsp. dried oregano
- 2 garlic cloves, minced
- 1 large egg
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{4}$ cup chopped fresh parsley
- 1 $\frac{1}{4}$ cups green bell pepper, minced
- $\frac{1}{4}$ cup red bell pepper, minced
- Salt and freshly ground black pepper, to taste
- 3 Tbsp. ketchup (optional topping)

Preheat oven to 350 degrees. In large bowl, combine all ingredients, except for extra ketchup. Place mixture in 9×5-inch non-stick loaf pan. Bake 1 hour, uncovered. Let stand 10 minutes before serving. Spread extra ketchup on top, if desired. Cut into slices and serve.

Makes 5 servings. Per serving: 276 calories, 9 g total fat (2 g saturated fat), 25 g carbohydrates, 23 g protein, 2 g dietary fiber, 463 mg sodium.

Modifications for Mashed Potatoes

Substitute lowfat or nonfat milk for cream/whole milk

Substitute soft tub margarine or whipped butter for “stick” variety

Mashed Potatoes

The changes here are minimal but significant. Instead of using whole milk we used nonfat milk, which offers the same fluffy mashed potato texture, yet fewer calories and less fat per serving. Soft tub margarine is lower in unhealthful saturated fat and trans-fat than stick varieties. Just watch that portion size.

4 medium russet potatoes, scrubbed and quartered

½ cup hot skim milk

1 ½ Tbsp. soft tub margarine or whipped butter

Salt and freshly ground black pepper, to taste

In large saucepan, place potatoes with enough water to cover. Bring to boil. Reduce heat and simmer until potatoes are tender, about 25 minutes. Drain well. Transfer potatoes to bowl. Using an electric mixer or potato masher, mash potatoes, gradually adding hot milk and margarine or

butter until smooth and fluffy. Add salt and pepper, to taste. Serve immediately.

Makes 6 servings. Per serving: 121 calories, 3 g total fat (<1 g saturated fat), 22 g carbohydrates, 3 g protein, 2 g dietary fiber, 55 mg sodium

Sample Menu

PIZZA
(recipe follows)

“Salad bar” salad

Frozen yogurt
topped with fresh
strawberries

Modifications

Use whole wheat crust

Add a variety of chopped
veggies as toppings

Cut down significantly
on cheese

Pizza

Bubbling cheese, golden crust and tender vegetables: pizza is one of the foods that best satisfies cravings. If you have the time to make a fiber-rich whole wheat dough from scratch, here is a trouble-free recipe. Or use whole wheat dough mix, which is available in many specialty food stores.

Crust:

1 ½ tsp. dry yeast

¾ cup warm water (105-115 degrees)

1 cup whole wheat flour

1 cup all-purpose flour

¼ tsp. salt

1 Tbsp. olive oil

Topping:

Nonstick cooking spray

½ cup water

¼ cup chopped onion

½ Tbsp. dried thyme

½ Tbsp. dried basil

4 cups sliced mushrooms

2 cups chopped zucchini

1 red bell pepper, chopped

Salt and freshly ground black pepper,
to taste

1 cup ready-made pizza sauce or
pasta sauce

½ cup grated Parmesan cheese

½ Tbsp. chopped fresh sage

In small bowl, dissolve yeast in warm water. In large bowl, combine flours and salt. Add yeast mixture and stir until it forms a ball (adding a bit more water if necessary). Place dough on lightly floured surface and knead, adding more flour if necessary, 3-5 minutes until smooth and elastic. In large bowl coated with oil, place dough and turn it to oil the top. Cover and let rise in warm place, free from drafts, until doubled in bulk, about 1 ½ hours. Meanwhile, spray large nonstick skillet and heat on medium-high heat. Add water, onion, thyme, basil and mushrooms and bring to boil. Add zucchini and bell pepper; reduce heat, and simmer 2 minutes. Season with salt and pepper, to taste. Discard liquid and set vegetables aside. Preheat oven to 350 degrees. Punch dough down; roll into 12-inch circle. Place dough on large sprayed baking sheet and bake 7-10 minutes (make sure baking sheet is not too close to bottom of oven). Remove from oven and raise temperature to 400 degrees. Spread pizza sauce on pre-

cooked crust; top with vegetable mixture. Sprinkle with Parmesan and sage. Bake 20 minutes more or until crust is golden brown.

Makes 8 servings. Per serving: 178 calories, 4 g total fat (1 g saturated fat), 29 g carbohydrates, 8 g protein, 4 g dietary fiber, 339 mg sodium.

Sample Menu

SPAGHETTI WITH
TOMATO SAUCE
(recipe follows)

Whole-grain
bread sticks

Tossed salad with
red peppers and
black beans

Fruit kabobs

Modifications

Reduce amount of oil

Substitute tomato-vegetable
sauce for meat sauce

Spaghetti with Tomato Sauce

This meatless sauce bears a resemblance to old-fashioned Italian spaghetti sauce due to the sweetness of mixed vegetables. Canned tomatoes offer convenience and the garlic and onions create a zesty aroma.

1 Tbsp. olive oil

1 medium onion, chopped

¼ cup chopped green bell pepper

1 medium zucchini, chopped

1 medium carrot, grated

1 Tbsp. dried oregano

1 Tbsp. dried basil

- 1 Tbsp. dried thyme
- ½ cup fat-free, reduced sodium vegetable or chicken broth
- 2 cans (28 oz. each) whole peeled tomatoes, drained and crushed
- 8 oz. spaghetti, preferably whole wheat
- 7 garlic cloves, chopped
- 1 cup chopped mushrooms
- 2 Tbsp. tomato paste
- Salt and freshly ground black pepper, to taste
- 2 Tbsp. freshly grated Parmesan cheese (optional)

In heavy saucepan, heat oil over medium heat. Add onion, green pepper, zucchini and carrot and sauté 2 minutes. Add oregano, basil, thyme and broth. Stir in tomatoes. Reduce heat to low and simmer, uncovered, 40 minutes, stirring occasionally. Meanwhile, cook spaghetti according to package directions. To vegetable mixture, add garlic, mushrooms, tomato paste, salt and black pepper, to taste. Raise heat to medium, cover and cook 10 minutes. When spaghetti is done, drain and transfer to warm serving bowl. Add sauce and toss. Garnish with cheese, if desired.

Makes 6 servings. Per serving: 254 calories, 3 g total fat (<1 g saturated fat), 48 g carbohydrates, 9 g protein, 5 g dietary fiber, 575 mg sodium.

Sample Menu

Grilled veggie sandwich on whole-grain bread
Pineapple chunks

CHOCOLATE CHIP COOKIE (recipe follows)

Modifications

Reduce sugar

Decrease butter or margarine

Substitute whole wheat flour for all-purpose flour

Enhance with wheat germ

Reduce amount of mini chocolate chips

Chocolate Chip Cookies

Our chocolate chip cookies have delighted everyone who has tried them. Try these treats with a tall glass of lowfat or nonfat milk. And remember that although these are probably lower in fat and calories than your usual recipe, they still aren't *low* in calories and fat – so portion size matters!

- Nonstick cooking spray
- ¼ cup packed brown sugar
- 3 Tbsp. granulated sugar
- 3 Tbsp. butter or margarine
- ½ tsp. vanilla extract
- 1 large egg
- 3 Tbsp. water

- ¾ cup all-purpose flour
- ½ cup “white” whole-wheat flour
(see note)
- ⅓ cup toasted wheat germ
- ¾ tsp. baking soda
- ¼ tsp. salt
- ½ cup semisweet mini chocolate chips

Preheat oven to 350 degrees. Lightly spray baking sheet with nonstick spray. In medium bowl, cream sugars with butter or margarine. Stir in vanilla, egg and water. Sift together flours, toasted wheat germ, baking soda and salt; stir into creamed mixture. Stir in mini chocolate chips. Drop dough by heaping teaspoonfuls onto baking sheet and flatten slightly with fork. Bake 10-12 minutes. Allow cookies to cool for a few minutes on baking sheet before removing to cool completely on wire racks.

Makes 24 cookies. Per cookie: 73 calories, 3 g total fat (1 g saturated fat), 12 g carbohydrates, 2 g protein, 1 g dietary fiber, 68 mg sodium.

Note: “White” whole wheat flour has a milder flavor than regular whole wheat flour. It is available in most supermarkets and whole food markets.

Sample Menu

Spinach salad with walnuts	Steamed asparagus with lemon
Baked salmon fillet	RICE PUDDING
Baked potato with salsa	(recipe follows)

Modifications

Substitute lowfat or nonfat yogurt for cream

Substitute brown rice for white rice

Add fruit

Rice Pudding

Remember this heartening, creamy dessert from your childhood? Cinnamon, apples and pears add a distinctive fruity flavor. It might take some time to prepare, but it is worth the wait.

- 4 cups lowfat milk
- 1 cup brown rice
- 2-3 cinnamon sticks
- Pinch of salt
- ¼ cup sugar
- 1 tsp. vanilla extract
- Pinch of nutmeg
- ¼ cup nonfat vanilla yogurt
- 2 apples, peeled and diced
- 1 pear, peeled and diced
- Ground cinnamon (optional)

In heavy medium saucepan, bring milk, rice, cinnamon sticks and salt to simmer. Reduce heat to low. Cover and gently simmer until rice is very tender and milk is almost absorbed, stirring occasionally (about 1 hour). Add sugar, vanilla and nutmeg and stir to blend over low heat until mixture is very thick (about 15 minutes). Remove cinnamon sticks. Stir yogurt and $\frac{3}{4}$ of fruit into rice pudding. Transfer to large bowl. Top with remaining fruit and sprinkle with ground cinnamon, if desired. Serve warm.

Makes 8 servings. Per serving: 202 calories, 2 g total fat (1 g saturated fat), 40 g carbohydrates, 7 g protein, 3 g dietary fiber, 106 mg sodium.

Note: For softer consistency, add more milk and cook longer.

America's Favorite Comfort Foods

Beef Stew
Chicken Pot Pie
Chicken Soup
Chili
Chocolate Chip Cookies
Franks and Beans
Grilled Cheese Sandwich
Hamburger and Fries
Lasagna
Macaroni 'n Cheese
Meatloaf and Mashed Potatoes
Pizza
Rice Pudding
Spaghetti with Tomato Sauce
Warm Apple Pie with Ice Cream

After you've made the recipes in this brochure, try making similar substitutions in your own favorite comfort foods. You may be able to transform these dishes so that they retain their original flavor while also helping you manage your weight and prevent chronic diseases like cancer.

If you can't modify a recipe without sacrificing the taste, consider saving the item for a special occasion and eating a smaller amount.

About AICR

The American Institute for Cancer Research is the third largest cancer charity in the U.S. and focuses exclusively on the link between diet and cancer. The Institute provides a wide range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research centers across the U.S. The Institute has provided more than \$70 million in funding for research in diet, nutrition and cancer. AICR is a member of the World Cancer Research Fund International.

Need More Help?

For free publications or to make a memorial donation, please contact us.

American Institute for Cancer Research

1759 R Street NW, P.O. Box 97167
Washington, DC 20090-7167
1-800-843-8114 or 202-328-7744
www.aicr.org

AICR's message about *proportion* and *portion size* comes to you in a variety of vehicles:

- Brochures: *The New American Plate, One-Pot Meals, Veggies, Breakfast*
- NAP Serving Size Finder: single copy free
- Small NAP Poster (8½×11"): single copy free
- Large NAP Poster (17×23"): \$2.00 each
- NAP Place mat (11×17"): \$12.00 (set of four)

All these materials make great teaching tools or healthy reminders for your home. To order, call AICR toll-free at 1-800-843-8114.

Bulk order discounts are available for health professionals.

Request additional brochures:
(single copies free)

- *Simple Steps to Prevent Cancer*
- *Moving Toward a Plant-Based Diet*
- *A Healthy Weight for Life*

Call the toll-free Nutrition Hotline:

Dial 1-800-843-8114 to leave a message for a registered dietitian, who will return your call. Monday-Friday, 9:00 a.m.–5:00 p.m. ET.

For more delicious, healthy recipes, look for *The New American Plate Cookbook* (University of California Press) in your bookstore, available March 2005. Another great source of AICR recipes is www.aicr.org.

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How You Can Support Cancer Research and Education Through Your Will

You can help provide for future cancer research and education through a simple bequest in your will to the American Institute for Cancer Research. Consult with your attorney when first writing your will, or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, a gift of the remainder of your estate or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney will need to know:

AICR's official name:

American Institute for Cancer Research

AICR's mailing address:

1759 R Street NW, Washington, DC 20009

AICR's telephone number:

202-328-7744

AICR's identification:

A not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code

AICR's tax-exempt IRS number:

52-1238026

For further information, contact AICR's Gift Planning Department at 1-800-843-8114.

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